



Headteacher: Mrs Sue Pryor MA NPQH

Dear Parent/ Carer

Please see below details of our school support services for mental health.

Mentoring Service: Pupils can be referred to this service for a number of one to one appointments where they can explore barriers to learning in school or outside school. Appointments are with our learning mentors.

Place2Talk: Pupils can self-refer by e mail for up to 3 Place2Talk appointments with our trained counsellor. They can attend alone or with a friend.

Place2Be: Pupils can be referred for assessment for formal counselling with our trained counsellor.

Referrals to the above services can be made through your child's Year Learning Co-ordinator or through Miss Sally Hanlon, Assistant Headteacher/Deputy DSL or Mrs G Hare Deputy Headteacher/DSL. Please be aware that some services do have a waiting list.

Please do seek an appointment with your GP to explore specific mental health concerns. In the event of a mental health crisis we would always advise that you speak immediately to a health professional in A and E and please see the crisis line number provided.

Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Hillingdon offer a counselling service for young people called **LINK** at Fountains Mill and self referrals can be made by calling 01895 277 222.

In some instances your health professional may suggest making a referral to the **CAMHS** team. In some instances the school may suggest that they make a referral to this team.



Please also refer to the chart below for useful support services available to young people. These provide support in a number of different ways including phone helplines, online and chat and web based information.



Please be aware that health services do not always share information with schools, so it is important to keep us up to date with any new support that your child may be receiving for our records and to ensure that any school intervention is also appropriate to their needs.

Yours sincerely

G Hare
Deputy Headteacher – Behaviour and Safety